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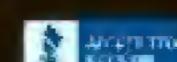
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metrNEWS

Your essential daily news

U.S. proposing a ban on swimming with dolphins in Hawaii. **World**

For the \$1.6-billion West Valley Line LRT the funding difference could mean real dollars. Here's how it breaks down:



An LRT car comes into station on the existing capital line. Mayor Don Iveson is concerned the city could be tight for cash to expand the system. METRO FILE

'Province needs to roll in'

TRANSPORT

Mayor calls for more cash for LRT upgrades

Ryan Tumilty
Metro | Edmonton

City council approved nearly \$300 million in new transit projects Tuesday, but Mayor Don Iveson wants to see the province pick up more of the tab for future LRT lines.

Council approved the projects

that include refurbishments of several existing LRT stations and transit centres, as well as design work for future LRT lines.

The federal government is covering half of the costs for these projects, with the province and the city both paying 25 per cent. Previously, all levels of government had paid one-third and the city had hoped the province paying 33 per cent, even with the federal government increasing its share.

Iveson said for these relatively smaller projects the funding split is workable, if not ideal, but when the city looks to build



They're still getting 75 cents for every 25 cents they invest.

Provincial transportation minister Brian Mason

new projects it needs more provincial cash.

"If the provincial commitment withers any further than that would represent a barrier to timely build out of the LRT system," he said.

Iveson said he hopes for a deal with the province that sees them paying 40 per cent of new LRT construction and the city 10 per cent, recognizing that the city pays for operation and upkeep.

"If the new deal was 50-25-25 to try and build out the system we would struggle to keep up with the amount of money the feds are going to put in."

Provincial transportation minister Brian Mason said Edmonton was the only municipality in the province that assumed the matching funds would come at 33 per cent.

He also pointed out much of the city's share is coming from

provincial grants.

"They're still getting 75 cents for every 25 cents they invest and I think that's an excellent deal," he said. Mason said when it comes time to build LRT lines the province will take another look at the deal, but the province is in a tight spot.

"There has to be a discussion with all three orders of government about what everyone's respective share is," he said.

"We all need to take account of the financial situation of the various government and we have already increased our capital spending significantly."

NEW ARENA

Oilers irk stadium residents

Residents living in the neighbourhoods around the new arena want to see the Oilers doing more to be good neighbours in their new digs.

Several residents came to council Tuesday as the city got an update on the almost complete project. While the building is on time and on budget, McCauley resident Mike Van Boom said they're not convinced there is enough in the community benefits agreement the Oilers promised when the arena deal was first signed.

"The good neighbour program has been exceedingly frustrating," he said.

He said the Oilers have offered up only small benefits to the community, when they were hoping to see a commitment to a living wage for employees and social supports.

"They're happy to talk about community skating hours as a benefit," he said.

Sebastian Barrera, president of the Parkdale-Cromdale Community League, said other cities have made better agreements with teams than what has happened here.

"What are the benefits for the community after a public investment of \$400 million?"

Coun. Scott McKeen said he doesn't know the city can hold the Oilers responsible for dealing with homelessness.

"It's not on the arena deal, or the Oilers Entertainment Group, or the Oilers foundation to solve homelessness. That is a separate issue," he said. RYAN TUMILTY/METRO

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CITY COUNCIL

Move to lower voting age nudged on

**Ryan Tumilty**
Metro | Edmonton

It was a close vote, but city council ultimately stood behind the Edmonton Youth Council's push to lower the voting age, though many councillors worried they risked angering current voters by adding new ones.

In a 7-6 vote, council supported both allowing the youth

council to send a letter to the province and endorsing the consideration of the idea themselves.

Youth Council co-chair Cameron Somerville said just getting the province to consider the idea is an important step.

"Largely, what we wanted to do was put this on their radar," he said.

Several councillors sounded wary of the idea initially, but ended up voting in favour. Among them, Coun. Scott McKeen, who

said a change in the motion to clarify the city only wanted the province to consider the idea, not necessarily make the change was important.

"It just took it down a notch as far as what we were asking the province to do," he said.

Somerville said they know the province will have to look at this closely.

"There should be questions asked of this and it should be looked at in detail," he said.

Coun. Michael Oshry said he hadn't heard one voice of support about the idea since it was first raised last week, but had received many calls and email from older voters encouraging him to vote against it.

Coun. Tony Caterina said the youth council should absolutely be pushing for the idea, but city council didn't have to join in.

"That's what they are there for, but I do not support council endorsing this initiative."



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The cost of responding to the Fort McMurray fire added considerably to the province's deficit. THE CANADIAN PRESS FILE

Fort Mac fire cost \$500M

NATURAL DISASTER

Big impact on the province's existing deficit

The devastating Fort McMurray wildfire is expected to torch Alberta's bottom line by about \$500 million this year.

Finance Minister Joe Ceci says he has had to revise the projected deficit upward in his first-quarter fiscal update to almost \$11 billion from \$10.4 billion.

"I don't need to tell my fellow Albertans that as a result of the oil-price shock, the economic headwinds facing Alberta remain strong. Albertans see that every day. Many are suffering significant hardship," Ceci said Tuesday at a news conference where he released the latest numbers.

"This year those headwinds are blowing even harder as a result of the Wood Buffalo wildfire."

Regardless, Ceci said, the province will stick to its plan of avoiding deep cuts to the civil service, while continu-

ing to accumulate debt to pay for roads, infrastructure, health and education.

"We're not going to make knee-jerk cuts. We're not going to make things worse for Albertans," he said.

Ceci said the province paid out \$647 million in disaster relief, a figure reduced to \$195 million after federal aid transfers.

On top of that, the province estimates it lost another \$300 million in revenue, because the fire severely curtailed oilsands and forestry activity in the area.

Debt servicing costs have now surpassed \$1 billion a year and Alberta's debt-to-GDP ratio is up to 10.25 per cent.

Opposition Wildrose critic Glenn van Dijken said the NDP needs to create a plan to balance the books by reducing spending and streamlining services, rather than simply wishing high oil prices will return.

"If we don't act now, it will only mean higher taxes for future generations and less services," said van Dijken.

THE CANADIAN PRESS

IN BRIEF

Metro Line goes out again, frustrating commuters

Edmonton's problem, plagued Metro LRT line shut down for more than an hour Tuesday morning due to signalling troubles.

Service was lost at 7 a.m., prompting some drivers and transit riders to take their frustration out on social

media. Officials have not determined the exact cause of the error.

"We're continuing to look into the root cause of the problem and determining the next steps to address the issue," said Adam Laughlin, deputy city manager with integrated infrastructure services. KEVIN MAIMANN/METRO

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Velothon tips from a pro

ATHLETICS

Preparation, pacing are key for amateur cyclists: Expert

 **Sanam Islam**
For Metro | Edmonton

Always wanted to cycle like the pros? This year, amateur cyclists in Edmonton can do just that in North America's first velothon.

Being held on Sept. 5 just before the Tour of Alberta race, riders will be able to follow the professional circuit that starts in Winston Churchill Square and returns through the river valley.

Velothon options include 60- and 100-kilometre races, or a five-kilometre family ride.

Metro asked Canadian Cycling Hall of Fame inductee Alex Stieda how amateur cyclists can prepare:

Ride your bike

Ride your bike at least three



Canadian Cycling Hall of Fame inductee Alex Stieda JOHN PIERCE/PHOTOSPORT INTERNATIONAL

times a week, Stieda says.

"It doesn't matter how far or how long," says.

The week before the race, he recommends tapering off to two easy rides.

"You want your body to recover and charge your engines," Stieda says.

Stop other exercise

"If you run or swim, I would back off of those other activities for the next little while, so you focus on just the cycling muscles," Stieda says.

Pace yourself

Take your time and pace your

self, Stieda says. "Most people will get excited at the start and will go fast as they can, and slowly, their energy dies off."

For example, during the 60-kilometre race, a non-competitive cyclist could complete the first lap at around 20 kilometres per hour, the next one at

22, and then as fast as possible in the last lap, he says.

Don't try to keep up

"It's the biggest problem people have — comparing themselves to others," Stieda says.

"Especially with climbs, ride at your own pace where you're comfortable and can control your breathing."

Stay hydrated

"Make sure you drink enough and drink before you're thirsty," Stieda says.

During the event, he recommends having at least one water bottle on the bike. "Keep it topped up, and ensure you finish one water bottle every hour," he says.



It's the biggest problem people have — comparing themselves to others.

Alex Stieda

PRO CYCLING
Tour of Alberta rolls out next week

Cyclists from around the world are gearing up for the Tour of Alberta.

The international competition is set to return next Thursday, running Sept. 1 to 5, with free festivals set up at each start and finish stage. It will make its way to Edmonton on the final two days, hitting Hawrelak Park on the Sunday and Churchill Square on Labour Day Monday.

The inaugural Velothon will also take place in Edmonton on closing day, which will allow members of the public to ride through closed roads on the same routes as the professional cyclists.

The Tour Tracker app will allow fans to follow the action from wherever they are, and will replace domestic broadcasting, though the Tour of Alberta will still be broadcast live elsewhere, in more than 200 countries.

Last year's event was watched by 47 million people globally and drew 125,000 spectators locally. METRO

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LINGUISTICS

English spelling 'not optimal': Scientist

It's not just you: spelling in English is weird.

Now a couple of computer scientists at the University of Alberta say they've got definitive proof, putting to rest a long-disputed claim from famous linguist Noam Chomsky.

In one of his major works, *The Sound Pattern of English*, Chomsky argues that English orthography, or spelling, is "not close to optimal."

Garrett Nicolai, a graduate student in computing science, said it's a claim most linguists don't take all that seriously. After all, most people know on some level that English doesn't quite make sense.

"I before e, except after c. Except in this word, and that word and this set of words," he said.

"As a native speaker of English, I've had to memorize the spelling of a very large

number of 'irregular' words, which suggests that English spelling 'rules' are more of a guideline."

Still, he and professor Greg Kondrak wanted to prove it and set out to do so using the relatively new tools of computational linguistics.

So they used a computer program that took words and converted individual letters to phonemes, or the sounds they made. That was then com-

pared to how the word should be pronounced based on its spelling.

Unsurprisingly, that spelling is not that "optimal." In other words, it doesn't always make sense.

"I think this is very interesting," Kondrak said.

"People have been arguing about this for the last 50 years, but this is the first time we have a scientific proof that it's not optimal." ALEX BOYD/METRO



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WELD160 Welding Metal Art

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WELD166 Kitchen Knife Making

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Maja Osmanagic with the U of A's Office of Sustainability displays some items that will be on sale. KEVIN TUONG/FOR METRO

Old things, new students

U OF ALBERTA

Those moving out this year left behind 13 tonnes of stuff



Alex
Boyd
Metro | Edmonton

Every year a fresh crop of university students take their exams, graduate and leave student life behind.

They also leave behind thousands of pounds of clothes, mattresses, kettles and the occasional pair of designer shoes.

This year, the Office of Sustainability is partnering with Goodwill to make those discarded items available for new students to buy, with their new Eco Move-In Market happening Friday.

Since 2012 the Office of Sustainability has hosted events to allow students moving out of campus residences to donate the items they couldn't take with them to Goodwill, instead of tossing them out.

But this is the first year they're hoping to keep most of those items on campus, said project planner Maja Osmanagic. If all

goes to plan, the new event will divert waste from the landfill, while helping students furnish dorm rooms on a budget.

"It creates kind of a sustainability loop, or a recycling loop, with items going from student to student," she said.

The transience of student life means a lot of stuff get tossed: students moving out of the U of A campus this spring and summer donated almost 13 tonnes of clothes, household goods and non-perishable food.

Heaped in piles in university storage, much of it, including appliances, cookware and many pairs of winter boots, looks untouched.

Last year there was even a pair of brand new Valentino shoes left behind, which after being discovered by a local blogger sold for a pretty high price.

"Nothing really seems unusual anymore," Osmanagic laughs.

While some of that stuff would otherwise be donated or given away anyway, Osmanagic said a lot of it would also be thrown out.

"It's also about making those habits, and showing people that there are options and you really don't need to throw things in the landfill," she said.

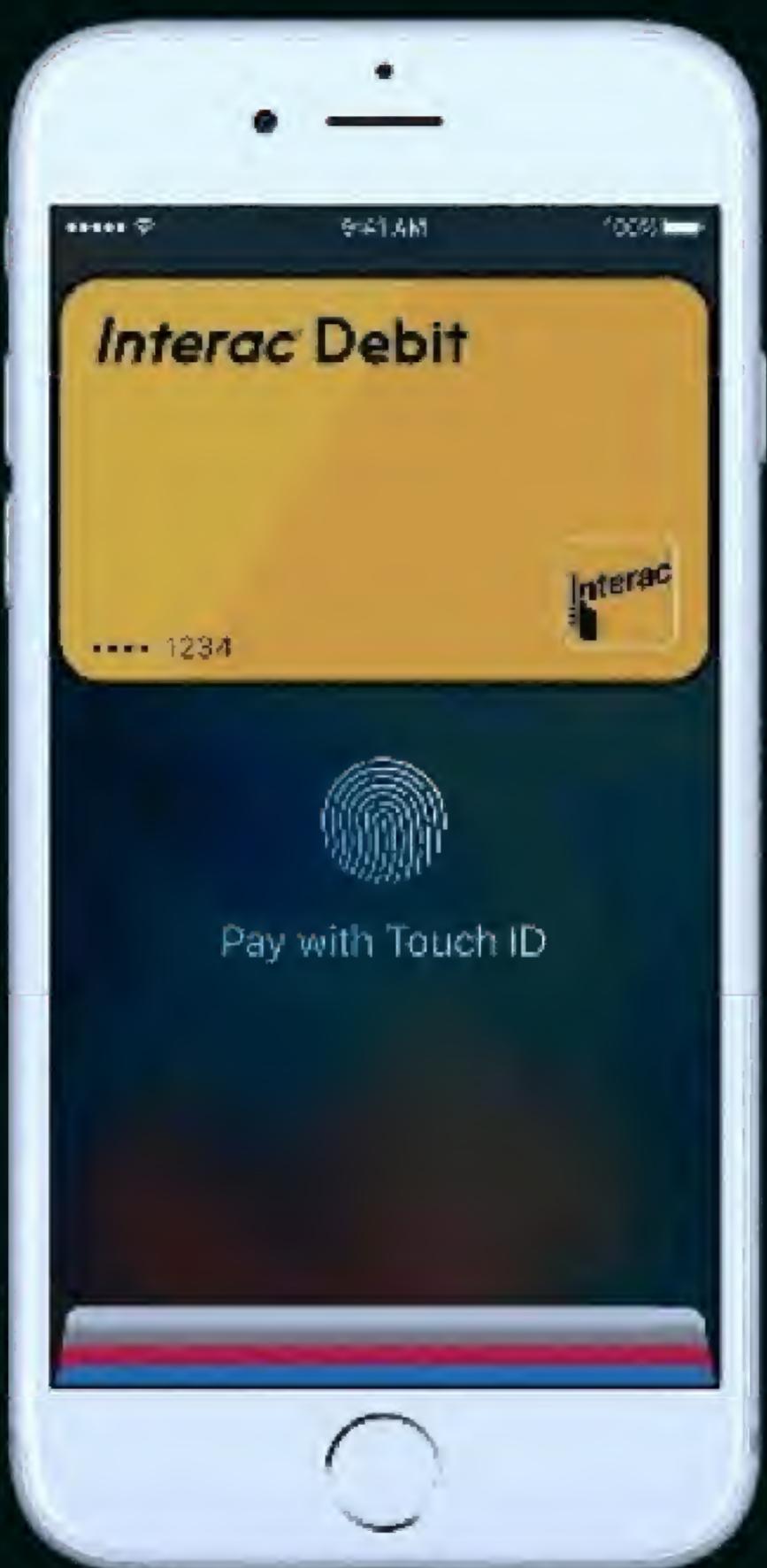
"There are homes for these things."



It creates kind of a sustainability loop, or a recycling loop, with items going from student to student.

Maja Osmanagic

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Kurdis settling in

SYRIAN REFUGEES

New Canadians speak about their new life in the country

Shergo Kurdi lifts his shirt to reveal a pale, mottled patchwork of burn scars on his belly and chest — a legacy, he says, of years spent ironing fabric in a Turkish clothing factory after he and his family fled war-torn Syria in 2012.

Now, nine months after arriving in British Columbia with his parents and four siblings, the 15-year-old refugee is preparing to enter Grade 10 and wants to one day become a police officer.

"I like ... to help people," Shergo said, explaining that he likes the idea of giving back.

Shergo and his siblings are the cousins of Alan Kurdi, the Syrian toddler whose lifeless body was photographed on the shores of a Mediterranean beach last September. The picture spread across the globe and jarred the world into re-



Tima Kurdi, back second left, sits for a photograph with her brother Mohammad Kurdi, second right, and his wife Ghouson Dakouri, back centre, and their children, Heveen, back left, 16, Ranim, front left, 10, Sherwan, 1, seated hiding his face, Rezan, 8, and Shergo, far right, 15, at her home in Coquitlam, B.C. DARRYL DYCK/THE CANADIAN PRESS

sponding to the Syrian refugee crisis.

In the wake of the photograph, the Canadian government committed to taking in tens of thousands of displaced Syrians, a pledge that paved the way for the Kurdi family's

arrival in late December.

Speaking in broken English at his aunt's home in Coquitlam, B.C., Shergo talked about how difficult his job was in Istanbul. Shifts sometimes lasted as long as 24 hours, he said, and frequently he didn't get paid.

The teen used a metaphor to explain how his life has been affected by the move to B.C.

"It's like a flower: (if) he doesn't have water he (will) die. Come to Canada, he has water and opens up again," he said. THE CANADIAN PRESS

ONLINE

Ashley Madison violated law: Report



Haley Ritchie
Metro | Ottawa

and the Office of the Australia Information Commissioner noted that some security measures did exist, but the company "did not have an adequate overarching information security framework."

In August last year those security issues made international headlines when the Canadian company's website was hacked into by a group called "The Impact Team." Millions of international names, emails and personal information were released in a massive data dump.

POLITICS

Ethics watchdog examines Philpott

Ethics commissioner Mary Dawson is now examining whether Health Minister Jane Philpott violated the Conflict of Interest Act in her use of a high-end car service owned by a Liberal supporter.

Dawson's probe, to be conducted in private, will focus on a section of the act pertaining to "preferential treatment."

It comes after Conservative health critic Colin Carrie wrote to the commissioner over the revelation that Philpott paid a limousine company \$1,700 on one day for service and more than \$1,900 on another day.

A public report will be issued once it is complete. THE CANADIAN PRESS

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U.S. President Barack Obama speaks with residents in a flood-affected area of Baton Rouge, La. AP/GETTY IMAGES

Obama in Louisiana

NATURAL DISASTER

President visits flooded state, consoles locals

Standing amid piles of water-logged debris, President Barack Obama on Tuesday promised a sustained national effort to rebuild flood-ravaged southern Louisiana "even after the TV cameras leave" on a visit aimed in part at stemming campaign-season criticism that he's been slow to respond to the disaster.

As he toured a battered neighbourhood and spoke to local officials, Obama tried to buck up beleaguered residents of the water-soaked region.

"This is not a one-off, this is not a photo-op issue. I need all Americans to stay focused on this," he said. "I know how resilient the people of Louisiana are and I know that you will rebuild again."

Eleven years after Hurricane Katrina ravaged New Orleans, Obama's visit was a reminder of the political dangers and op-

portunities natural disasters pose for politicians.

The president has been criticized for waiting until after he returned from his New England vacation to tour the Gulf Coast flooding.

The timing, amid a heated presidential campaign, drew barbs from some local officials and Republicans political opponents, including GOP presidential candidate Donald Trump.

Trump visited Baton Rouge on Friday, enjoying a warm reception and allowing him to cast the president as golfing while Louisianans suffered.

"Too little too late," Mona Gaspar said of Obama's visit. The resident of Ascension Parish said she saw her home filled with four feet of water and resented what she saw from Obama. "I saw him play golf, not helping out over here. Trump was over here, but he wasn't," she said.

Others welcomed Obama and the spotlight he brought.

"It means a lot to know you have that support from the highest level," said Chrisena Brown.

THE ASSOCIATED PRESS

U.S. ELECTION

Trump's attack on rival stirs talk of gender bias

Donald Trump and his Republican allies say Hillary Clinton is weak, lacks stamina and doesn't look presidential.



Donald Trump
THE ASSOCIATED PRESS

Clinton. Trump said in a speech last week, "lacks the mental and physical stamina to take on (Daesh) and all the many adversaries we face."

Intent on undermining his Democratic rival, Trump and GOP backers are increasingly relying on rhetoric that academics and even some Republican strategists say has an undeniable edge focused on gender.

He has repeatedly called attention to Clinton's voice, saying listening to her gives him a headache. Last December, he mocked her wardrobe. "She puts on her pantsuit in the morning," he said in Las Vegas. THE ASSOCIATED PRESS

HAWAII

U.S. wants to ban swimming with dolphins

Federal regulators are proposing to ban swimming with dolphins in Hawaii, a move that could imperil one of the Aloha State's most popular tourist delights and the industry that has sprung up around it.

The National Marine Fisheries Service says Hawaii's spinner dolphins — the nocturnal species that humans usually frolic with — are being deprived of rest during the day and becoming stressed out.

The agency was expected to

announce the proposal Tuesday.

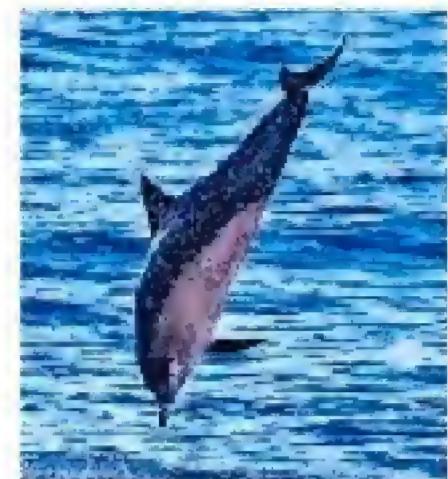
Swimming with dolphins is popular with visitors and some locals, with dozens of companies on Kauai, Oahu, Maui and the Big Island operating dolphin tours daily.

The proposed rule could shut down or greatly disrupt the industry as it now operates. That's because the ban would cover waters out to two nautical miles, which is where 98 per cent of Hawaii's spinner dolphins rest after they've spent the night feeding.

Ann Garrett, assistant regional administrator of the National Marine Fisheries Service's protected resources division for the Pacific Islands, said dolphins have been found to be burning calories at a higher rate because they are forced to be vigilant as people approach their pods.

"All of these things can contribute to a reduction of fitness over time — this kind of chronic level of stress. That's what we're concerned about," Garrett said.

THE ASSOCIATED PRESS



A spinner dolphin. istock

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Whoopi eyes Canada to sell pot products

Prime Minister Justin Trudeau's promise to legalize marijuana has grabbed the attention of many pot entrepreneurs — including Whoopi Goldberg, who's eyeing Canada as a potential market for her line of cannabis-infused menstrual pain products.

Goldberg's product line, which includes a THC tincture and cannabis-infused cacao, is available only



Whoopi Goldberg. THE ASSOCIATED PRESS

THE CANADIAN PRESS

to medical marijuana patients in California. The comedian said making the products available north of the border will require overcoming regulatory hurdles.

Goldberg founded Whoopi & Maya alongside Maya Elisabeth, a California-based creator of medical cannabis products and the founder of Om Edibles.

THE CANADIAN PRESS

IN BRIEF

Sobeys likely to withdraw appeal of discrimination

Sobeys grocery store chain says it intends to withdraw an appeal of a human rights decision that found a Sobeys employee at a store in Tantallon, N.S. discriminated against a black customer — but a group of 19 churches in Nova Scotia says the move doesn't go far enough. THE CANADIAN PRESS

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Enterra Feed takes organic waste from super-

markets and feeds it to black soldier fly larvae, which are then used to feed animals.

Waterfarmers Aquaponics harvests fish that help grow produce in a greenhouse. They raise tilapia and trout, the waste from which go into grow beds for plants like salad greens or bok choy.

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Startups finding new ways to recycle waste

GREEN ECONOMY

Ventures made viable through recycling metal and resales



When corporations renovate their offices, they pay hundreds of thousands of dollars to junk old furniture and equipment — 85 per cent of which ends up in the landfill.

That's a waste, according to Richard Beaumont, CEO of Toronto-based Green Standards. The company finds new homes for old office furniture and equipment at non-profit organizations that welcome used phones and chairs with open arms.

Unlike many environmental organizations, Green Standards has found a way to turn "reduce, reuse, recycle" into a workable business model. It focuses on a "triple bottom line," meaning performance is measured by profit, as well as the social and environmental benefits produced.

The company was originally a non-profit operating out of the U.K., which donated old office furniture to organizations in Africa. But when it almost collapsed, Beaumont realized a new approach was needed. The for-profit model added resale, recycling valuable

metals and a removal charge to make the premise scalable and cost-effective.

Green Standards is one of a small but growing number of Canadian businesses operating in the "circular economy," a system that aims for zero waste and no greenhouse gas emissions by using products to their potential.

Globally, a circular economy could save as much as \$700 million US per year, according to a 2011 report by the McKinsey Global Institute.

TORSTAR NEWS SERVICE

Your essential daily news

Wednesday, August 24, 2016



PAUL WELLS ON WHAT THE CABINET TWEAKS SUGGEST



The most exhibitionist Canadian government in memory has released a new list of cabinet committees, and I can't shake the feeling that it means something.

In the bad old days of the Soviet Union, Western intelligence agencies used to grab at the tiniest details to figure out, in the absence of reliable information, who was up or down in Moscow. Seating orders on reviewing stands at May Day parades. The placement of articles in Pravda. Musical choices on state radio. Any scrap or tidbit.

One feels a bit ridiculous performing Kremlinology on the most exhibitionist Canadian federal government in memory. But Justin Trudeau released a new list of cabinet committees the other day, and I can't shake the feeling that it means something. So let's break out the calipers and magnifying glasses, and sift through the names for omens and portents of the Trudeau government's second year.

Cabinet committees meet frequently, some every week, to plan and organize the government's work. All government decisions filter up through the committee system. They matter. Trudeau and his advisors were flying nearly blind when they named the first committees. Most ministers had never been members of Parliament before. It was anyone's guess how they'd work together.

The new list leaves some committees almost unchanged, which suggests they're working fine. These

include the powerful Treasury Board, which scrutinizes big spending decisions, and the Diversity and Inclusion committee. Apparently Trudeau does not worry he's being insufficiently diverse and inclusive. The "Inclusive Growth" committee gets a new name — "Growing the Middle Class" — and a diet, shrinking from 15 ministers to a dozen.

Among the ex-members of the committee on growing the middle class is

to worry about this autumn.

I love this bit: The committee on Agenda and Results, the all-powerful "deliverology" group chaired by the PM himself, grows by one word. It's now the committee on Agenda, Results and Communications. It is never too soon for a government to start worrying that it is not getting its message out. Even this one. Expect more methodical bragging about results, or rationalization of setbacks, as the case

LeBlanc, a politico in the old style, is the committee's vice-chair, while his successor as government House leader, Bardish Chagger, is an ordinary member. Sad face.

Next: When Chagger replaced him as House leader last Friday, LeBlanc tweeted something opaque about looking forward to "additional responsibilities." Say hello to the new committee on Litigation Management, with LeBlanc as chairman.

This is the institutional admission of a timeless fact: all governments get sued a lot. This one does not expect to be spared, especially on issues related to reconciliation with First Nations. "Decisions on litigation matters often can't be left to lawyers," one senior Liberal told me. "Everything has important policy repercussions."

Finally, at Environment, a big move. Stéphane Dion, a former environment minister and Green Shifting Liberal Leader, is out as chair. Off the committee entirely. Replaced as chair by heritage minister Mélanie Joly, who was not previously known for her views on energy policy. It's all about who gets along well with others, and Dion, who had a hard time letting colleagues take any initiative on his pet file, has been sent packing.

Dion is not banished to Siberia, precisely. He shows up on the Defence Procurement committee, where his eye for detail may help avoid huge spending boondoggles. But his move suggests that in some ways, the real cabinet shuffle was hidden in these endless lists of names.

Cabinet committees meet frequently. All government decisions filter up through the committee system. They matter.



Prime Minister Justin Trudeau speaks to the media at the Liberal cabinet retreat in Sudbury, Ont., on Monday.

NATHAN DENETTE/THE CANADIAN PRESS

Chrystia Freeland, which is odd: She wrote an entire book on growing the middle class. The Trudeau gang used to parade her as a guarantor of their economic credibility. Upon reflection, the PM seems to have decided the trade minister is more about foreign policy than the economy: she also departs from the Environment and Energy committee, but moves up to co-chair of Canada in the World and Public Security (one committee, long name). And she remains as chair of the Canada-U.S. Relations committee, which has much

may be.

Biggest changes come last. First, there used to be a committee on Open and Transparent Government, and another on Parliamentary Affairs. They've merged. Now the Liberals' hopes for a happy-face democracy won't be considered in isolation from the grim realization that some stuff needs to get passed through a Parliament where optimism goes to die. Now the two sentiments will share a meeting room, and for hints about which sentiment has the upper hand, note that fisheries minister Dominic

Paul Wells is a national politics columnist for the Toronto Star.

ROSEMARY WESTWOOD

Stanford's response to rape: Endorse the rapist's rationalization

Good God, Stanford.

Apparently, it's not bad enough that the school's last name these days is "rape." It had to go ahead and align itself with the rapists.

On Monday, the university moved to "reduce the availability and accessibility of hard alcohol." The school is banning all large containers over 750 ml of hard alcohol, and banning it altogether from on-campus parties. The policy grew from president John Hennessy's request in March for student input on curbing alcohol use.

To be sure, a conversation around campus drinking culture is warranted. This policy, however, is about considerably more than that. It began a full year after Brock Turner, a student, was indicted for rape, sexual assault and attempted rape. It began in the midst of a media storm around the case, during the very month of the trial, which saw Turner convicted of three charges of felony sexual assault.

This is the institutional admission of a timeless fact: all governments get sued a lot. This one does not expect to be spared, especially on issues related to reconciliation with First Nations. "Decisions on litigation matters often can't be left to lawyers," one senior Liberal told me. "Everything has important policy repercussions."

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PHILOSOPHER CAT
by Jason Logan

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for drinking. Everyone around you was not sexually assaulting me. You were wrong for doing what nobody else was doing, which was pushing your erect dick in your pants against my naked, defenseless body concealed in a dark area."

Clearly, Stanford University disagrees. The booze policy, which can only be read as a measure to stem sexual violence, lets predators — and the university itself — off the hook by accepting the argument that alcohol is to blame.

In a tweet from Michele Dauber, a law professor at Stanford and the school's own worst critic: "Alcohol must be in bottle small enough so you can use it "secretly" so @Stanford isn't blamed when you rape someone."

At one point, the alcohol policy even made the alcohol-as-rape defence explicit, in a section that has since been removed from the website. Titled "Alcohol affects both sexual intent and aggression," the section noted that women who drink are "perceived to be more sexually available," that men who are drinking feel more aroused by "rape scenarios" and that women should thus "take action to protect friends."

I have been drunk, I have been obliterated, I have blacked out. And I have never, ever sexually assaulted another person or wanted to. If men feel differently, the problem isn't with booze.

The problem is with men.

"We did believe that our job as a film festival is to present works of art that we feel are well made and tell important stories, and so we're going to present the film as planned."

TIFF artistic director Cameron Bailey on the controversy surrounding *The Birth of a Nation* star Nate Parker. In 1993, a rape allegation was made against Parker. He was acquitted.

Wednesday, August 24, 2016

Meet the chef without borders

INTERVIEW

Bashir Munye uses Somalia, Italy in his nomadic dishes

Karon Liu
Torstar News Service

To be hung up on the idea of authenticity or what ingredients or cooking techniques should be allowed in certain cuisines means missing out on chef Bashir Munye's feasts of buttermilk chicken livers with baharat, saffron-honey peach almond cake, and thick-cut chickpea fries with spicy harissa dip.

If there's one person who encapsulates Toronto's multicultural food scene, this is the guy.

"The food is authentic to me as Bashir who was born in Somalia, raised in Italy, married a woman from Barbados and lived in Toronto for 21 years," says the chef and owner of My Little Dumplings. "Food is a celebration of where I've been and where I want to be, not about creating boundaries just so I could be defined."

Munye's customers normally know him as the guy at the Evergreen Brick Works farmers market serving steamed baos and dumplings filled with global flavours including jerk chicken, sweet chili beef and falafel batter made from ground edamame.

Earlier this year he opened a bricks-and-mortar location and now he's gearing up to do a dinner series on Fridays and Saturdays that celebrates what he calls "nomadic cooking" — food that explores Africa's vast culinary regions mixed with his family's Somali background, Italian upbringing and local ingredients.

"Food for me is always fluid as people travel and migrate

throughout history," he says. "Somali food is a melting pot because of its geographical location. It's on the coastline so there's influences from India, European colonialism, and the original Bantu people.

"As a Somali person, our history and culture are nomadic by nature," he says. "Chefs are nomadic as well, going from kitchen to kitchen, learning and growing. I'm taking this philosophy of a long journey."

At a trial dinner for his yet-to-be-named dinner series, Munye billed the night as a "Moorish Supper." The Moors are Muslim people from the North African and Mediterranean region during the Middle Ages. About 20

of us are sitting without our shoes in a circle on the floor in Munye's little restaurant, which tonight is lined with woven carpets and pillows the chef borrowed from his aunts. His son is helping out in the kitchen along with Munye's fellow chef Damon Clements.

His cousins are playing hostesses for the evening, bringing plates of fermented carrots, mushroom conserva with artichokes and marinated beef tongue with fresh herbs.

Giant bowls of tomato-garlicky okra with preserved lemon and smoky sumac-spiced eggplant complement the show-stopping main of juicy roasted lamb saddle stuffed with aromatic basmati rice, pine nuts, pistachios and currants.

These are the timeless, belly-warming and comforting flavours you'd expect from a grandmother who spent all day in the kitchen.

In addition wanting to make diners come back for more of his food, Munye's goal is to get aspiring black cooks to be proud of their culinary heritage, especially when much of today's western food culture is still heavily skewed toward a European palate (i.e. how many non-white chefs do you see on TV and magazines?).

Eden Hagos, founder of the Toronto-based Black Foodie blog, which showcases African,

Caribbean and southern American cuisine, hopes Munye's cooking will change people's perceptions of African cooking, that within each country there are regional variations and that there's a world beyond the Ethiopian restaurants in downtown Toronto.

"I think when a lot of people think of African food, they think of Ethiopian food. As an Ethiopian person, I love that (these restaurants are) serving different audiences but there's amazing West African food, and people from other parts of East Africa like Bashir playing with flavours and changing peoples' perceptions," she says.

Despite a long culinary his-

Food for me is always fluid as people travel and migrate throughout history

Chef Bashir Munye

tory and a wealth of talent in the city, Hagos says African and Caribbean cooking have largely been pigeonholed as takeout and mostly written from a Eurocentric perspective in mainstream food culture. Nonetheless he is happy to see that more of its chefs, restaurants, and food events are now in the long overdue spotlight.

"He doesn't fit into one box and I'm glad he has that attitude," says Hagos.

"I think he represents a lot of the diaspora here. My dad also lived in Italy and we make lasagna with berbere and baharat in it. We grew up with that and we're not a monolith culture."

Munye's dumpling shop will remain open during regular business during the week, while his dinners will take place on Friday and Saturday evenings at the restaurant. Each night a single seating, where everyone sits on the floor and enjoys communal dining at \$80 per person. The first dinner Sept. 1 is already sold out, but Munye says the dinners will be happening regularly beginning Sept. 9.

"I'm comfortable in my own skin. I don't have to think about boundaries or ask permission about what people want," says Munye.

"I cook what I love to cook and what my friends and family ate. This is an extension of who I am."



Little Dumplings owner Bashir Munye is doing a private dinner series showcasing Moor cuisine (Muslims from North Africa, Iberia and Malta during the Middle Ages). TORSTAR NEWS SERVICE

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Fill your kitchen with the scent of Thai curry

RECIPE

This quick dish makes a perfect midweek meal

The scent of Thai curry cooking is very possibly one of the greatest kitchen smells ever.

Ingredients like lemongrass, chilies, garlic, ginger, coconut milk, and spices like coriander and cumin all mingle together to create a heady perfume that pulls people to the table.

There are as many versions of Thai curry as there are provinces of the country — perhaps as many as there are Thai cooks. Thailand is at the centre of Southeast Asia, and its cooking has influenced and been influenced by the cuisines of many countries, from India to China.

While making your own curry paste is an interesting and rewarding experience, opening a jar of Thai curry paste is by far the easiest solution for a weeknight dinner. It's available in the Asian section of supermarkets.

Fish sauce is a traditional ingredient in Thai and other Southeast Asian cuisines. It is made from fermented anchovies or other seafood, and has a pungent smell, but when a small amount is employed in a recipe it adds a bracing, salty flavour that calls your taste buds to attention.

Thai Green Pork Curry

Cooking time: 30 mins
Servings: 6

Ingredients:

- 1 1/2 cups chicken broth
- 1 (14-ounce) can coconut milk
- 1 tablespoon fish sauce or soy sauce
- 2 cups small cauliflower florets
- 4 cups cubed pork loin
- 1 (15-ounce) can chickpeas, rinsed and drained
- 3/4 cup slivered fresh basil leaves
- 1 tablespoon fresh lime juice
- 6 cups hot cooked white or jasmine rice to serve

- Lime wedges to serve

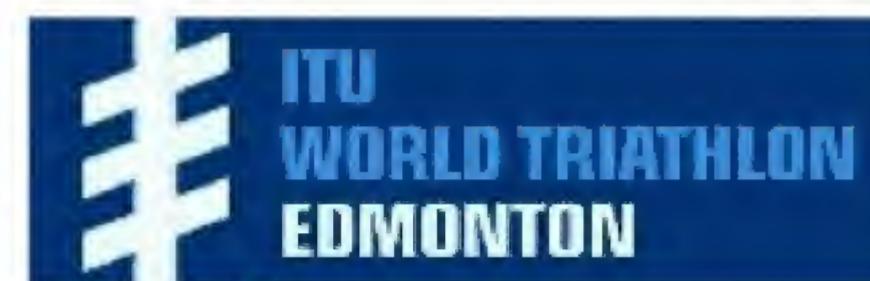
Directions:

1. In a large pot over medium high heat, melt the butter with the oil. Add the onion and garlic and sauté until tender, about 4 minutes. Add the curry paste and ginger and stir until you can smell the spices. Stir in the bell pepper, then add the broth and coconut milk and bring to a gentle simmer (do not let the mixture boil or it might separ-
- ate or curdle).
2. Add the fish sauce or soy sauce, and the cauliflower. Simmer for 5 minutes, until the cauliflower starts to become tender. Add the pork and the chickpeas and simmer, stirring occasionally, for 7 to 10 minutes, until the pork is cooked and the cauliflower is tender. Stir in the basil and lime juice and serve over the hot rice, with the lime wedges on the side to squeeze over.

THE ASSOCIATED PRESS



This Thai Green Pork Curry has a fairly thin sauce, so you'll want lots of rice to soak it up. THE ASSOCIATED PRESS



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ROSE REISMAN THE SAVVY EATER

THIS WEEK: Veggies vs. veggie chips

Eat the real deal when it comes to your veggies!

PICK THIS

Fresh Sugar Snap Peas (50g - approx. 40 sugar snap pods)



Calories 56
Fat 0.3 g
Sodium 5mg

SKIP THIS

Snapea Crisps in Wasabi Ranch (50g - approx. 40 pea pods)



Calories 240
Fat 8g
Sodium 120mg

HERE'S WHY



Equivalent to a Sour Cream & Onion Pringles Snack Stack in sodium

It seems like we're always looking for healthier packaged snack options that are an alternative to chips. While these baked Snapea Crisps are healthier than potato chips, the second ingredient includes three varieties of oil and salt to boot. No need! Vegetables are "nature's candy" and we should eat them as is, either raw or cooked simply.

LIQUID ASSETS

A French wine without barriers

Well before Donald Trump started preaching a love of masonry, French wine-makers were building their own wall: one that has successfully blocked average wine drinkers from accessing their wines.

Stodgy labels, complicated regulations and perceived high prices (relative to the wines from just about anywhere else) have all acted as mortar for the barricade.

Though wine from France's prestigious Bordeaux and Burgundy regions have suffered the most from consumer disinterest, winemakers in the southern regions of the country are starting to make inroads with their fruit-forward juice and rules that allow them to put grape names on their front panels.

Corbières, a red heavy sub-region of the massive Languedoc-Roussillon, requires its wines be made with at least two grapes. Gérard Bertrand's 2013 Terroir Corbières (\$16.95-\$19.99) uses three: Grenache, Syrah and Mourvèdre.

Rich, ripe and layered with plump black fruit, it will help break down the barrier between you and all that French wines have to offer.

PETER ROCKWELL/METRO





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MVIC Licensed. Offers available from August 3-31, 2016. *Payments cannot be made on a weekly basis, for advertising purposes only. *Representative finance offer based on a new 2016 Sentra 1.8 S M6 (C4LG58 AAD0)/Altima 2.5 (T4LG18 AAD0)/Versa Note 1.6 S M5 (B5RG58 AAD0). Selling price is \$16,524/\$25,874/\$16,224 financed at 0%/0%/0% APR equals \$4,841/\$4,197 monthly payments of \$19,753/\$0/\$197 monthly payments of \$16,524/\$25,874/\$16,224. \$1,000/\$0/\$0 Finance Cash included in advertised cost of borrowing is \$0/\$0/\$0 for a total obligation of \$16,524/\$25,874/\$16,224. \$0 security deposit. First monthly payment, down payment and \$0 security deposit are due at lease inception. Representative monthly lease offer based on a new 2016 Rogue S FWD CVT (Y6RG16 AAD0). 0.99% lease APR for a \$60/month term equals monthly payments of \$254 with \$0 down payment, and \$0 security deposit. Total lease obligation is \$2,654 with \$0 down payment, and \$0 security deposit. First monthly payment, down payment and \$0 security deposit are due at lease inception. *Standard rate finance cash discount of \$5,000 will be deducted from the negotiated selling price before taxes and is applicable only to customers financing any 2016 Rogue SL AWD Premium (Y6DG16 8K00) through NCF at standard rates. The cash discounts cannot be combined with lease or finance subvented rates or with any other offer. Certain conditions apply. *Modals shown \$37,489/\$49,319/\$7,724/\$29,674/\$21,474 selling price for a new 2016 Rogue SL AWD Premium (Y6DG16 8K00) through NCF at standard rates. The cash discounts cannot be combined with lease or finance subvented rates or with any other offer. Certain conditions apply. *Freight and PDE charges (\$1,795/\$1,800/\$1,600) air-conditioning levy (\$100) where applicable. *Applicable fees, all license, registration, insurance and dealer participation where applicable are included. Offers are available on approved credit through Nissan Canada Finance for a limited time, may change without notice and cannot be combined with other offers. See your participating Nissan dealer or visit www.nissan.ca for complete details. ©2016 Nissan Canada Inc. and Nissan Canada Financial Services Inc. a division of Nissan Canada Inc.



Cruze is safe, but you won't be sorry



REVIEW

This compact is not exciting, but it is cheap and dependable



Craig Cole
AutoGuide.com

Sallying forth into the heart of the compact-car segment is the all-new 2016 Chevrolet Cruze.

This unexpectedly reserved offering is set to battle popular options like the Honda Civic, Toyota Corolla and Ford Focus, bringing a multitude of wholesome attributes to the fray.

It seems like GM's product planners have aggressively played to the segment's base by designing a car with loads of interior space, a roomy trunk, refined interior and seriously little excitement. The Cruze plays it safe in a segment that's often dominated by stuffy traditionalism.

But just because it isn't the most exciting compact model on the market doesn't mean it totally lacks any upsides. This Chevy offers a gigantic trunk measuring up to 0.42 cubic metres. The frosting on this cake of convenience is that said volume is easily accessed through a large opening with a low lift-over height.

The Cruze's aft accommodations are unexpectedly spacious in all three dimensions, though a touch more headroom would be appreciated. Another boast-worthy feature, its rear backrests fold nearly flat for even more storage space.

The 2016 Cruze is larger yet

simultaneously lighter than its predecessor; it's also more efficient to boot. Enabling all of this, the car has gone on a massive diet, losing up to 115 kilograms with this redesign, which is, frankly, astounding for a compact car because there just isn't that much there to begin with.

Tucked beneath its short hood is a muscular little motor that pulls like a much larger engine.

Two gearboxes are offered in the new Cruze, each with six gears. Our tester was graced with the automatic, but a manual is also on the menu. This self-shifter keeps the EcoTec four-banger in the meaty portion of its powerband and helps deliver impressive fuel economy.

Inside, this car's cockpit is a mostly pleasant place. It's constructed almost exclusively of hard plastic, which is not an issue in this case because it's handsomely textured. Think of it as ground round that tastes like sirloin steak. Fabric trim on the dashboard also adds a touch of class.

Our test car was equipped with Chevy's optional MyLink infotainment system, which comes with a screen mounted front and center on the dashboard. Bluetooth is included for hands-free calling, as is a nine-speaker Bose sound system.

The highlight of its entire driving experience is the engine. It's torquey, pulling with unexpected authority until about 5,000 rpm, where its enthusiasm tapers off until the transmission grabs the next gear. This 1.4-litre turbo is also very well isolated, with commendable smoothness and little harshness, though the transmission could be smoother.

THE CHECKLIST | 2016 CHEVROLET CRUZE

THE BASICS

Engine: 1.4-litre turbocharged four-cylinder
Power: 153 hp, 247 kg/m of torque
Transmission: Six-speed automatic
Fuel Economy (L/100 km): 7.8 city, 5.6 highway, 6.8 combined
Price: Starts at \$15,995, tops out at \$23,895



LOVE IT

- Spacious back seat and trunk
- Impressive fuel efficiency
- Refined, torquey engine
- Intuitive infotainment

LEAVE IT

- Whiffs of pinched pennies
- Feather-light steering
- Odd styling

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WHEELS ROUNDUP

News driving the auto industry brought to you by AutoGuide.com



ELECTRIC CARS

BMW i3 gets 183 kilometre range

The 2017 BMW i3 will officially go 183 kilometres on a single full charge. When BMW announced the upgraded BMW i3 earlier this year with a 94 Ah battery, the automaker estimated that it would offer 40 per cent more range than the 2016 model. That estimate seems to be accurate now that the Environmental Protection Agency (EPA) has made it official. The EPA hasn't rated the BMW i3 with the on-board range extender yet. The new battery has a higher capacity, but is the same dimensions as the regular battery thanks to higher energy density. JASON SIU/AUTOGUIDE.COM

FORD FOCUS RS

Free driving school

Ford is offering a complimentary RS Adrenaline Academy Driving Experience to Focus RS owners. The program is being offered to initial owners of 2016 and 2017 Ford Focus RS models, so that owners get a chance to learn first-hand the capabilities of their hot hatch. The program takes place at Utah Motorsports Campus in Grantsville, Utah, and the schedule will be announced later this year. According to Ford, the RS Adrenaline Academy Driving Experience provides owners with a full immersion into the performance and handling characteristics of the Focus RS. The extensive course teaches skills like braking, shifting and cornering techniques, while focusing on the particular dynamics of the Focus RS, like the car's four driving modes.

JASON SIU/AUTOGUIDE.COM

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SELF-DRIVING CARS

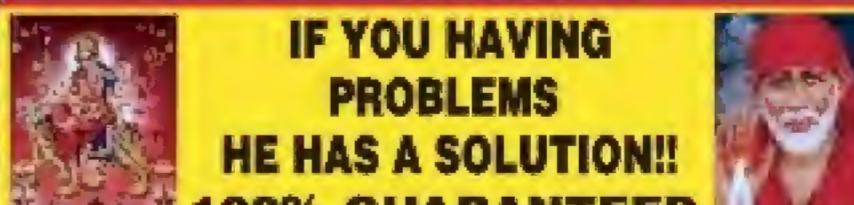
Ford aims for no steering wheels, pedals

Ford American automaker has announced its intent to have a high-volume, fully autonomous vehicle in commercial operation as part of a ride-hailing or ridesharing service by 2021. The company expects that its first fully autonomous vehicle will not have a steering wheel or gas and brake pedals. This year, Ford plans to triple its autonomous vehicle test fleet so that it has the largest fleet of any automaker, bringing the total number to about 30 self-driving Ford Fusion Hybrid sedans in California, Arizona and Michigan. JASON SIU/AUTOGUIDE.COM



ASTROLOGER & SPIRITUAL HEALER

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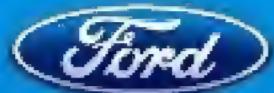
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- * Childrens, Couples
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Maintenance behind million-mile man

TOYOTA TUNDRA

Oil changes, dealership visits pay off



Craig Cole
AutoGuide.com

A couple months ago, one proud Toyota owner pushed his 2007 Tundra pickup past the million-mile mark, a distance many motorists would be hard pressed to clock in a lifetime of driving.

But Victor Sheppard is no ordinary guy. He hauls parts for the oil industry, keeping its heavy-duty equipment humming and hydrocarbons flowing. Over the past nine years, he's routinely made cross-country treks from his home in Louisiana to deliver desperately needed components all across America. In fact, he averaged around 125,000 miles each year in the saddle of his Toyota.

Getting any vehicle to roll this many miles is quite a feat, but an up-close look at his Tundra reveals that it has held up amazingly well since it rolled off the line at Toyota's San Antonio, Texas, factory nearly a decade ago.

Where it's not dented or scratched from years of hard service, the paint is still shiny, body rust is minimal and even the driver's seat, a touchpoint that receives a ton of abuse, barely shows any wear or soil despite never benefitting from the protection of a cover. Aside from the steering wheel, which is worn around the rim, and a few scuff on the interior door panels, everything looks practically new.

On top of all this, the truck in question still has its original engine and transmission. A quick twist of the key is all it takes to fire up its 4.7-litre V8, which idles more smoothly and quietly than some brand new vehicles. Switched on, the odometer reads 999,999; apparently, they stop after six digits, but this is hardly an issue since the vast majority

of customers never clock so many miles.

Obviously, it takes a fair bit of upkeep to make a vehicle go this distance, and Sheppard was religious in keeping on top of required maintenance, bringing his truck in for 117 oil changes over the course of that million miles.

Another important aspect of this feat is where that work was performed. According to Mike Sweers, chief engineer of the Toyota Tundra and Tacoma pickups, "The dealership's done all the service." Taking your vehicle to a place that knows it best may cost a

little more than going to the corner lube shop, but as shown here, it can be a sound long-term investment.

To help celebrate his achievement, Toyota gave Sheppard a brand-new 2016 Tundra in exchange for his million-miler, which will be carefully dissected to see how it's really held up over the years. As an engineer, Sweers is chomping at the bit to tear into this truck and is particularly interested in the body. Aside from digging into the powertrain, he said he can't wait to check the spot welds and other joints for signs of fatigue or cracking.



To help celebrate his achievement, Toyota gave Victor Sheppard a brand-new 2016 Tundra in exchange for his million-miler. **TOYOTA**

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KIA The Power to Surprise

+ TLC

Any vehicle will have a few issues along the road and Sheppard's Tundra is no exception.

Transmission

The transmission needed a little work, losing reverse around the 700,000-mile mark.

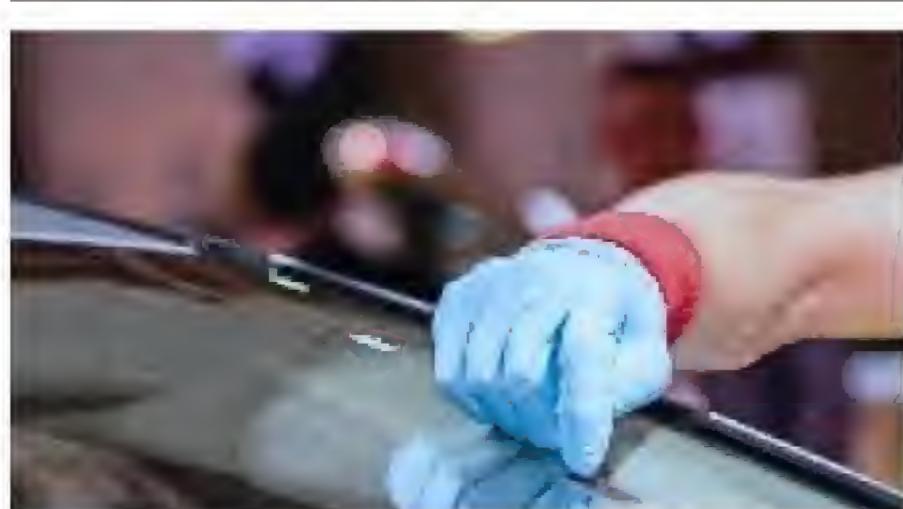
Engine

Also, the engine's timing chains have been replaced along with its water pump.

What's the secret to Toyota's success? Why has this Tundra gone for so long without stopping? The answer may surprise you. Sweers said, "Are they overbuilt compared to our competitors? Yeah," adding that maybe they've over-engineered this truck a bit too much, but this ensures customers don't have issues.

Two examples of this are the brakes and rear-end. The Tundra's binders are beefy and designed to withstand years of abuse.

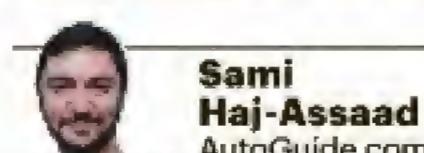
This focus on quality is not just something owners experience when using their trucks, it's also something that will make them smile when they want to get a new one. According to Sweers, the million-mile Tundra is still valued at around \$8,000 U.S.



It is always a good idea to get a professional to look at cracks, as they can affect the safety of your vehicle. ISTOCK

REPAIRS

What to do about a cracked windshield



Sami Haj-Assaad
AutoGuide.com

We've all been driving along, minding our own business when a rock comes flying and smacks right into your windshield.

If you're left with a serious imperfection on your wind-

shield, it may be tempting to just ignore it or look around it to save time and money, but leaving the crack or chip and driving around with it is not an option.

"Cracks and chips often grow longer or wider if not repaired or replaced," explains Debra Levy, president of the Auto Glass Safety Council (AGSC). Not only that, but it's also unsafe.

"The (cracked) glass may be compromised and the windshield is part of the safety system of the vehicle," she explains.

There are two main solutions to dealing with a broken windshield. You can either fill a crack if it's small enough, or you can replace the whole windshield. The latter is the more expensive option, while the former is for smaller imperfections. It's like

dealing with serious body damage or chipped paint, but your windshield is much more important in terms of your safety than your car's paint.

"Whether or not a break can be repaired, rather than replacing the glass, depends on a number of factors including type of break, location of break and amount of time the glass has been broken," Levy says.

"I was just asking a girl on a date": Raiders tight end Colton Underwood who asked out — and got a yes from — Aly Raisman through online video

A hero's welcome

OLYMPICS

Adoring fans greet athletes returning from Brazil

Two plane loads of Canadian Olympians returned home from Rio to a hero's welcome, as flag-waving fans clamoured for autographs and cheering family members offered up homecoming hugs.

Several members of Team Canada, including star swimmer Penny Oleksiak, landed at Toronto's Pearson International Airport around 6 a.m., with another group of athletes scheduled to arrive at around the same time Wednesday.

When the flights arrived, airport firefighters saluted the returning athletes with giant arcs of water on either side of the airplanes.

Loud cheers went up as the Olympians came through the arrivals gate, some stopping to talk to media, others heading straight to waiting family members.

Soccer player Ashley Lawrence's parents donned Team Canada shirts to welcome their daughter. The pair said they are looking forward to figuring out where to display the midfielder's



Penny Oleksiak, winner of four medals in Rio, speaks to media and signs autographs at Pearson International Airport on Tuesday. AARON VINCENT ELKAIM/THE CANADIAN PRESS

bronze medal.

Lawrence's teammate, Jessie Fleming, said she was proud of their performance.

"We all had a good tournament and we definitely deserved to bring this home," Fleming said, holding her medal.

Most of the buzz focused on 16-year-old Oleksiak, who won four swimming medals at the Rio Games, including Canada's first gold.

"I didn't expect any of this,"

said Oleksiak, who was Canada's flag-bearer at the closing ceremonies. "I just want to say thank you to everyone (who cheered for me)."

Residents in Oleksiak's east-end Toronto neighbourhood known as The Beach are planning a celebration for her return, tentatively planned for Sunday.

Several of the returning athletes expressed gratitude for the support and encouragement they received from Canadians throughout the Games.

Long after most athletes had left the arrivals gate, gold medal-winning trampoline gymnast Rosie MacLennan stayed to sign autographs and take selfies with fans.

MacLennan, who carried Canada's flag at Rio's opening cere-

monies, said making time for fans helps get them engaged in the Olympic process.

"It's a chance to share the experience with the people who supported us along the way," she said.

Teenage soccer fans Claire and Gillian Kilgour found out about the Olympic homecoming at midnight and got up at 4 a.m. to come to the airport with their father.

Three hours later, the 16-year-old twins were rewarded with an autograph from Kadeisha

Buchanan, one of the bronze medal-winning women's soccer players.

The sisters stress they support the whole team, however.

"We don't have a favourite player," Gillian Kilgour said. "We like everybody." THE CANADIAN PRESS



Bronze medallist for rugby sevens Megan Lukan, back, poses for a selfie with fans. AARON VINCENT ELKAIM/THE CANADIAN PRESS

DOPING

Russia's ban from Paralympics upheld

Two days after Russia finished fourth in the Olympic medal table, its Paralympic team was barred from the next big Games in Rio de Janeiro as punishment for a state-backed doping program.

Sport's highest court on Tuesday upheld a decision by

the International Paralympic Committee to exclude the sports superpower. It was a step the IOC declined to take when it had the chance last month.

The 267 entries which Russian Paralympic athletes earned in 18 sports for the Sept. 7-18

games in Rio will now be allocated to other nations not judged responsible for orchestrated cheating.

Russia won 36 gold medals at the 2012 Paralympics, second most in London, and was a runaway table-topping leader at its home 2014 Winter

Paralympics.

Still, the Sochi Winter Games and Winter Paralympics are now notorious for results corrupted by state-funded agencies plotting to swap tainted doping samples from Russian athletes for clean ones at official testing laboratories. THE ASSOCIATED PRESS

MLB

Angels can't cool Martin's hot bat

Russell Martin drove in two runs and R.A. Dickey pitched into the seventh inning on Tuesday night as the Toronto Blue Jays beat the Los Angeles Angels 7-2.

Martin continued his torrid pace at the plate, racking up three hits and scoring once for Toronto (71-54). The Canadian entered the game hitting .414 in his last seven games with six home runs and 11 runs batted in.

Michael Saunders launched a solo shot while Darwin Barney had two hits, including a double, and scored twice. Melvin Upton Jr., Troy Tulowitzki and Josh Thole all drove in runs.

Dickey went 6-2/3 innings, allowing two runs on six hits while striking out two and walking two. His lone blemish came in the second inning when he

TUESDAY In Toronto

7
BLUE JAYS
2
ANGELS

gave up a two-run home run to Nick Buss.

Tyler Skaggs took the loss for the Angels (52-73), going four innings, allowing four runs on four hits while walking five and striking out two. He's now given up 19 earned runs in 17-2/3 innings through three August starts.

The Blue Jays remain tied for first place in the American League East division with the Boston Red Sox, who beat the Tampa Bay Rays 2-1 on Tuesday night. THE CANADIAN PRESS

LAWSUIT

Woman claims Blue Jay gave her STDs



legations that have not proven in court.

Encarnacion hasn't spoken publicly about the lawsuit battery. His agent, Paul Kinzer, said in a statement released to Fox Sports and Sportsnet that the claim is "completely inappropriate and meritless." THE ASSOCIATED PRESS

A New York woman is suing Edwin Encarnacion, alleging the Toronto Blue Jays slugger knowingly infected her with two sexually transmitted diseases.

Ashley Lebron, 24, filed the lawsuit in a New York court on Monday. She says in a statement of claim she contracted genital herpes and chlamydia after having unprotected sex with Encarnacion in February. She's seeking \$11.5 million US in damages.

The documents contain al-

HOCKEY IN BRIEF

NHL, players still on fence over playing in Olympics

The NHL and NHL Players' Association continues to weigh the pros and cons of returning to the Winter Olympics in 2018.

A new wrinkle in advance of the next Games centres around out-of-pocket payments the International Olympic Committee and International Ice Hockey Federation have covered, a practice the IOC has suggested stopping under president Thomas Bach.

THE CANADIAN PRESS

Benn a no-go for Canada

Team Canada won't have Jamie Benn for the World Cup after all.

Hockey Canada announced Tuesday morning that the Dallas Stars forward, who is still recovering from an injury, would be replaced by San Jose Sharks forward Logan Couture on the Canadian squad next month.

The 27-year-old Benn underwent surgery to repair a core muscle injury on July 14.

THE CANADIAN PRESS

Hall moving past split with Oilers

NHL

Former No. 1 overall pick was traded to Devils in June

All Taylor Hall wanted to do was have a productive, relaxing summer.

The 24-year-old left-winger had just finished his sixth season with the Edmonton Oilers and his first playing alongside Connor McDavid. Despite a 31-win season, there was optimism about the future and, for Hall, the chance to finally get a taste of the NHL playoffs.

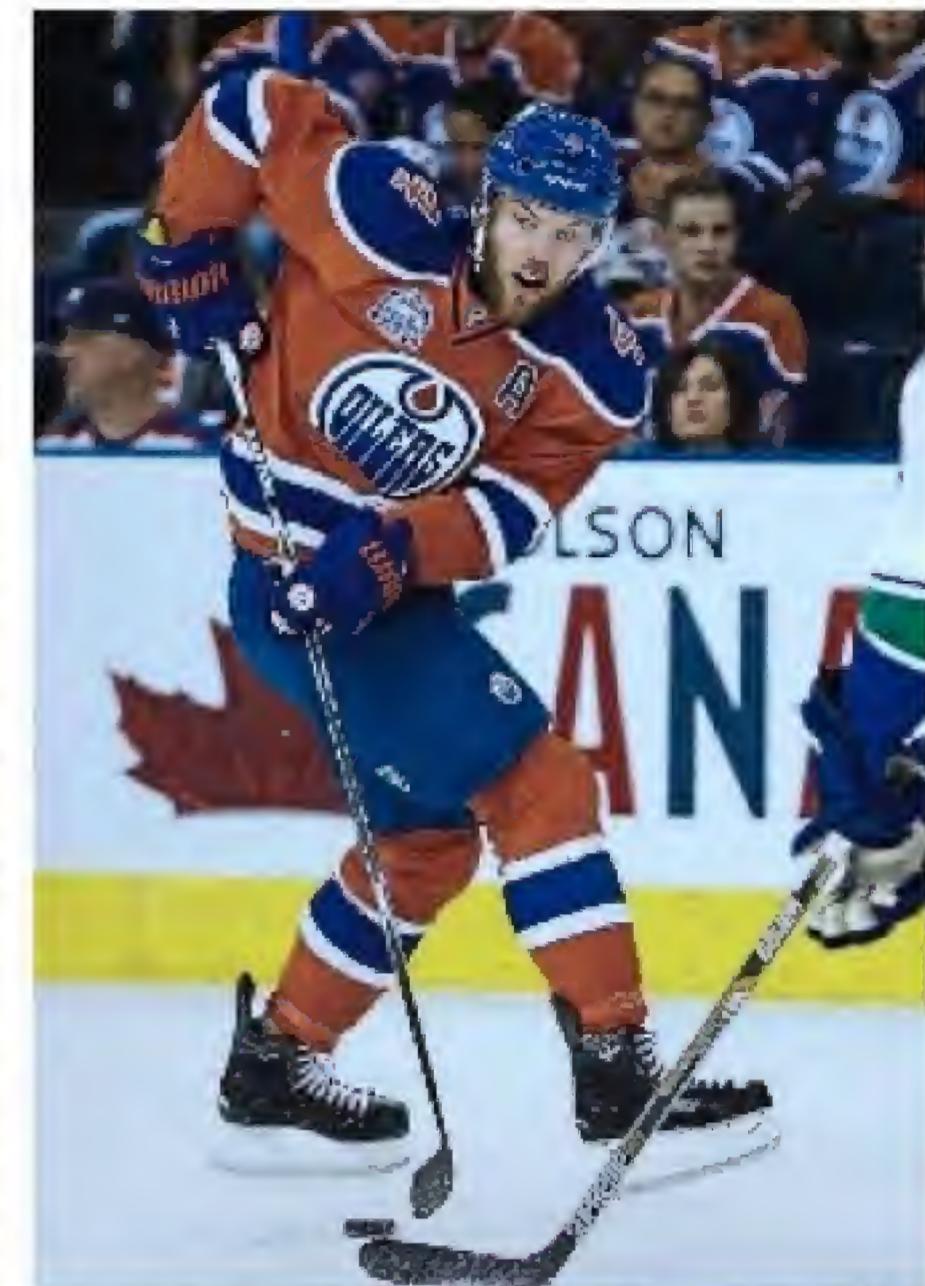
Then June 29 rolled in like a hockey transaction hurricane. P.K. Subban was dealt from Montreal to Nashville for Shea Weber in a swap of all-star blueliners. Hall, shockingly, was dealt to the New Jersey Devils for defenceman Adam Larsson.

So much for that relaxing summer.

"Well, the trade put a wrench in things, that's for sure," Hall said on Tuesday at the BioSteel camp, getting a laugh out of the crowd of reporters around him.

"(I was) trying to sell my house in Edmonton, move and stuff. It was unexpected in that way. But after the first week, 10 days, you get used to it. You face your friends, you face your family for the first time and talk about it. After that it's just business as usual."

It's business, but on another level it sounds like more than that. On the day of the trade, Hall said he felt slighted by



Taylor Hall played 381 games for the Oilers — none of which were of the playoff variety. CODIE McLACHLAN/GETTY IMAGES

the deal. Through 381 games (while racking up 328 points), he tried to pull the Oilers out of a gutter that seemed to grow deeper by the season.

Listening to him on Tuesday, he sounded like he was emerging from a breakup.

"I guess," he said. "In a break-

up you try to forget about it as quick as you can and that's what I'm trying to do. It's not easy.

"Once the regular season starts and you start seeing Edmonton piling up the wins or whatever they might do, it's going to be a little bit weird, but I think the main thing is to keep focusing on what's happening with my team. I can control what I can control, and that's my play on the ice."

TORSTAR NEWS SERVICE

“I’ve played six years now, so hopefully I can take on a bit of a leadership role there and do my part.” Taylor Hall

FOOTBALL

Wide receiver Cruz back practising with Giants

Victor Cruz was back with the New York Giants Tuesday marking the first time in almost two weeks the oft-injured 29-year-old wide receiver practised with the team.

Cruz missed last season with a calf injury and had his 2014 season ended after six games due to knee problems.

The Giants also have big-play receivers in Odell Beckham Jr. and rookie Sterling Shepard.

THE ASSOCIATED PRESS

Nevada lengthens Lesnar's suspension

Nevada athletic regulators have extended a temporary suspension of UFC heavyweight Brock Lesnar pending a hearing on his failure of drug doping tests at UFC 200 last month.

State Athletic Commission officials say the move approved Tuesday came after the U.S. Anti-Doping Agency found violations of UFC drug policy in June and at Lesnar's July 9 fight against Mark Hunt.

The UFC said the 39-year-old Lesnar tested positive both times



for an estrogen blocker, clomiphene, and its metabolite.

A representative for Lesnar didn't immediately respond Tuesday to a message seeking comment.

The earliest Lesnar could be scheduled for a Nevada commission hearing is September.

THE ASSOCIATED PRESS

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RECIPE One-Pot Sweet Potato and Arugula Pasta

Ceri Marsh & Laura Keogh
For Metro Canada

One-pot pasta meals pile ingredients together for dinner brilliance. We've paired the antioxidant power of sweet potato with peppery arugula but feel free to add other diced small veggies for quick cooking.

Ready in 30 minutes
Prep time: 10 minutes
Cook time: 20 minutes
Serves 4 to 6

Ingredients

- 450 grams penne pasta
- 8 cups baby arugula
- 1 sweet potato, diced into small cubes (to ensure they cook)
- 4 garlic cloves, cut in thin slices
- 1 shallot, cut into thin slices
- 1 sprig of rosemary
- 3 Tbsp of olive oil, plus 1 for

garnish
 • 1 Tbsp salt
 • 6 cups water
 • 1/2 cup grated Asiago or Parmesan cheese
 • salt and pepper

Directions

1. Combine penne, arugula, sweet potato cubes, garlic, shallot, rosemary, 2 tablespoons oil, salt and water in a stock pot. Bring to boil over high heat. Boil mixture, stirring pasta frequently, until pasta is cooked al dente and water is nearly evaporated, 10 minutes.

2. Remove pot from heat and take out rosemary stem. Stir in last tablespoon of oil, cheese and season with salt and pepper to taste. Portion into bowls and serve with another sprinkle of cheese.

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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Angelina's husband
5. Fish's temptation
9. Techie special occasion delivery
14. The Kinks song
15. Besides
16. Count _ and His Orchestra
17. Illegally aid
18. Bawling out
20. Run off the track
22. Unaltered
23. 'Smart' suffix (Most intelligent)
24. Bird beak
26. Softer/kinder
31. Grogginess
33. First-rate
34. Wager
37. Stagnate
38. Types in the data
40. Tic-Tac-Toe losing row
41. Spicy sauce sort
43. Become
44. Resort spot in Mexico
46. Gab
47. I Am Woman songstress ...her initials-sharers
48. Nero's 902
49. Canadian actor Henry
51. Fugitive
53. Gothenburg's li'l country
54. Ms. Vardalos
57. Russian city
59. The _ (2001), haunting Nicole Kidman film
61. Think, think,
66. Vivid fish
67. Bandleader, Xavier _
68. Italy: Mount _
69. Mr. Berkus (Home decorator)
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